

Transforming Health:

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**Using system thinking to
create vibrantly effective
prevention systems that can
significantly improve
health and well-being**

*Provided for the Kentucky School of Alcohol and Other Drug Studies.
August 18, 2015. Facilitator: Laurie Barger Sutter*

Overview of the Session

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- Overview of Syndemics and Systems Thinking
- Health System Assessment
- Health System Planning
- Sustainability and Strategic Financing
- Wrap Up

Syndemics

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Syndemic - “two or more afflictions, interacting synergistically, contributing to excess burden of disease in a population.”

*U.S. Centers for Disease Control and Prevention, 2004.
<http://www.cdc.gov/syndemics/index.htm>*

Syndemics

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“To prevent a **syndemic**, one must prevent or control not only *each affliction* but also the *forces that tie those afflictions together.*”

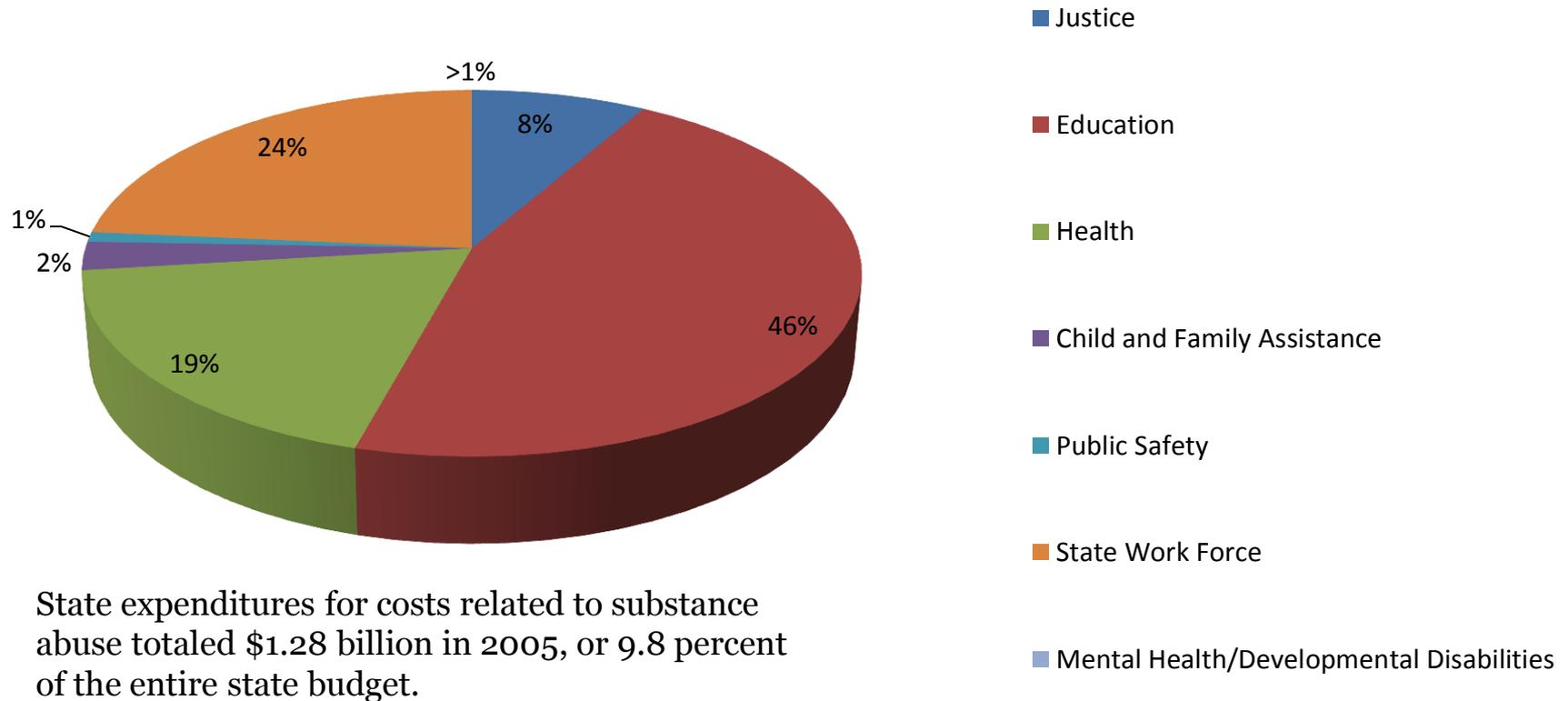
*U.S. Centers for Disease Control and Prevention, 2004.
<http://www.cdc.gov/syndemics/index.htm>*



The Cost of Substance Abuse in Kentucky

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Kentucky State Budget Expenditures on Substance Abuse Costs, 2005*



**Shoveling Up II: The Impact of Substance Abuse on Federal, State and Local Budgets*. May 2009. The National Center on Addiction and Substance Abuse at Columbia University.

System Thinking

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Three key constructs

1. The parts of a “whole” cannot truly be understood outside of their relationship to the “whole”
2. The interactions between the parts produce effects that could not be produced by any one part alone.
3. The collective effects of these interactions are **greater** than the sum of all of the individual effects added together.

Health System Development

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Three key areas of focus...



The ability of all parts to work together

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The ability to adapt to change

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The ability to maintain homeostasis

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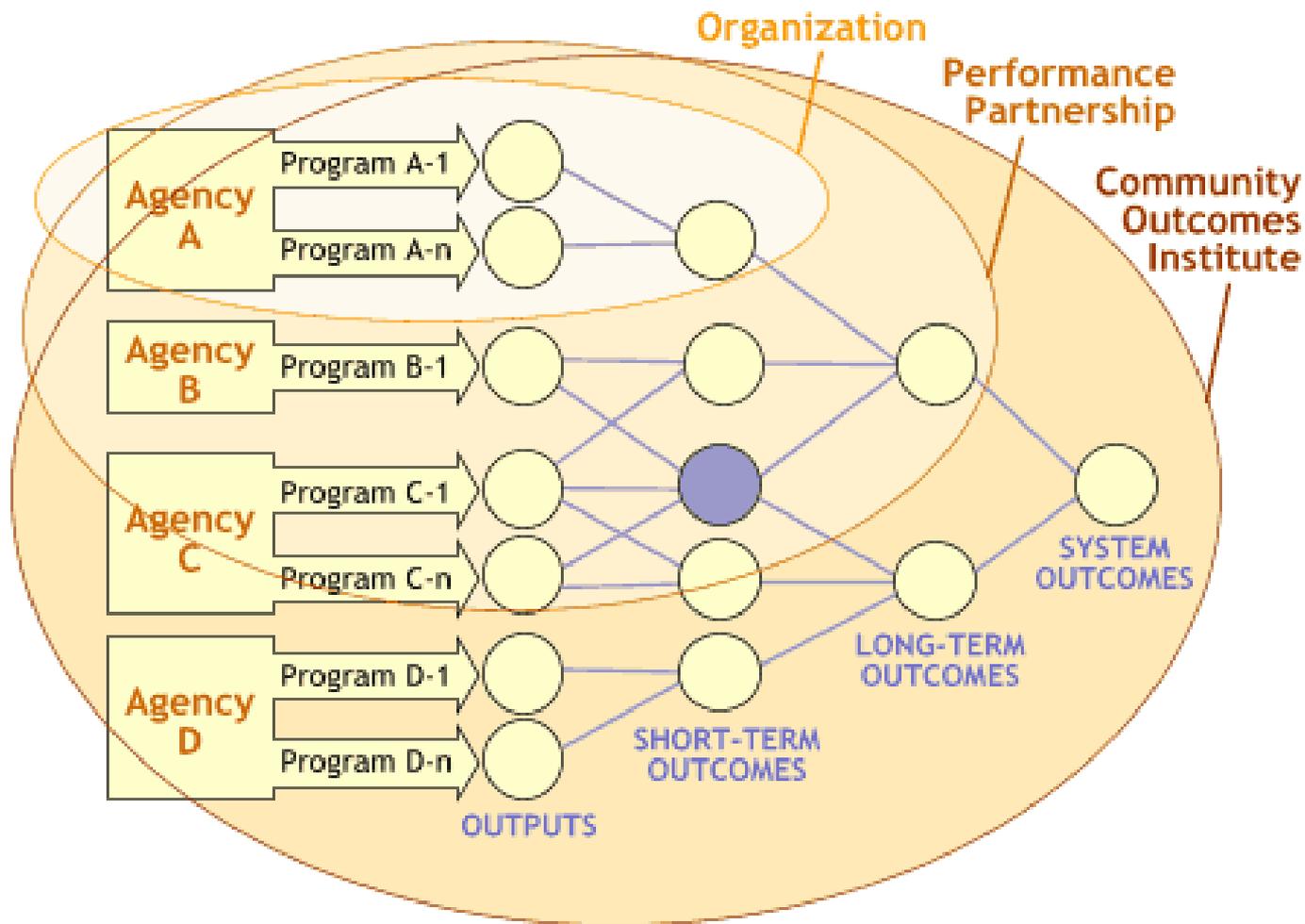
Health Systems

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Health systems strategically assess and set priorities, plan agreed upon courses of action and coordinate action among members, allocate resources, and continuously evaluate efforts to achieve common outcomes.

A Syndemics Outcome Network

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So... how do you know what kind of system you have?

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Health System Assessment

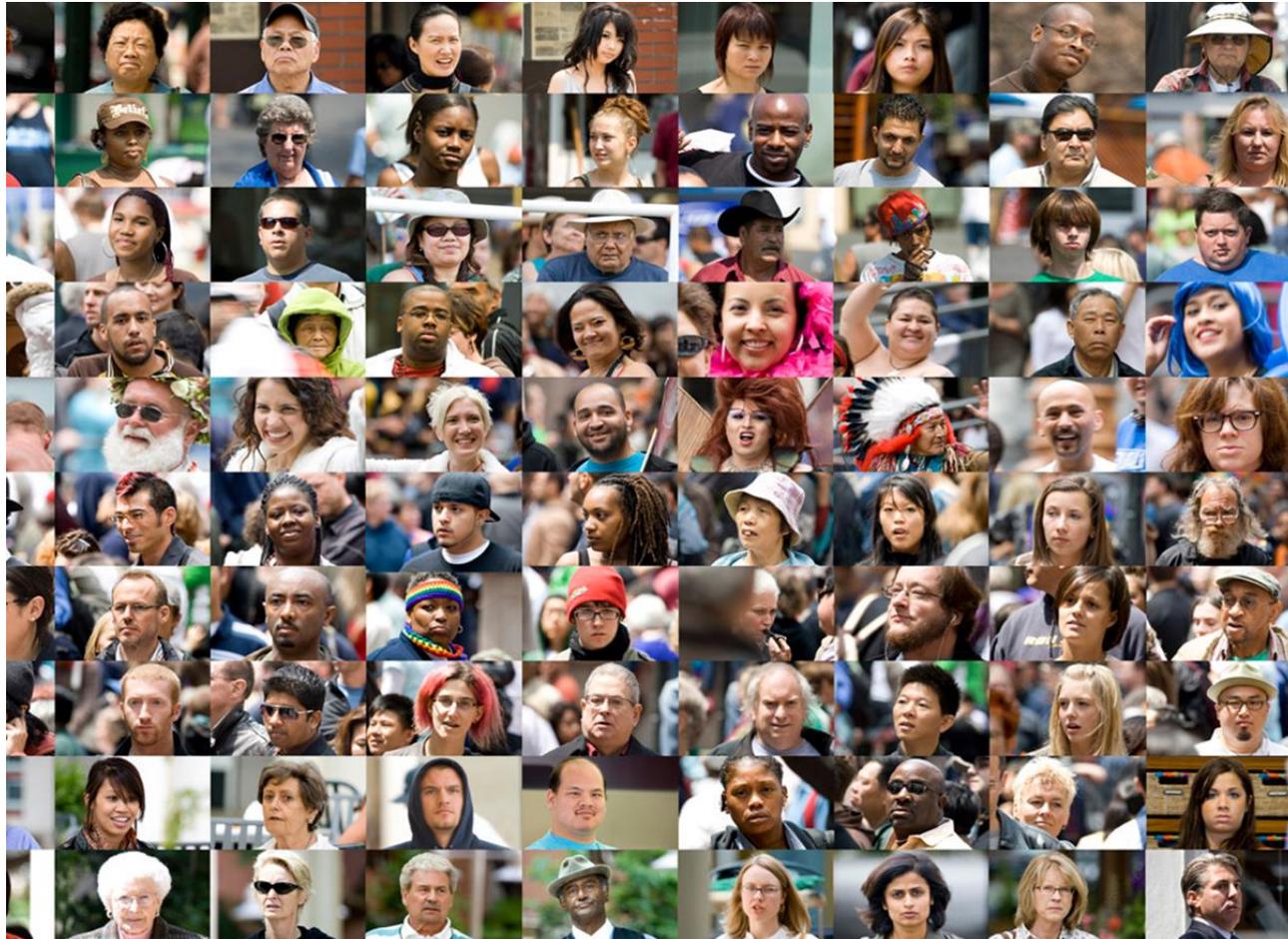
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- Systems Thinking
- Place-Based Approach

Contextual Conditions

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Constructive Reciprocity

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Constructive reciprocity - all members benefit as a result of what each contributes to the common good.

Identifying Leverage Points

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Handout 1

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Core Traits of Effective Prevention Systems

- Coordinated Leadership
- Adequate Capacity
- Use of Effective Processes

Handout 2

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Formal System Assessment Process

- Categories
- Subcategories
- Indicators

Case Study: Flint, Michigan

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Handout 3

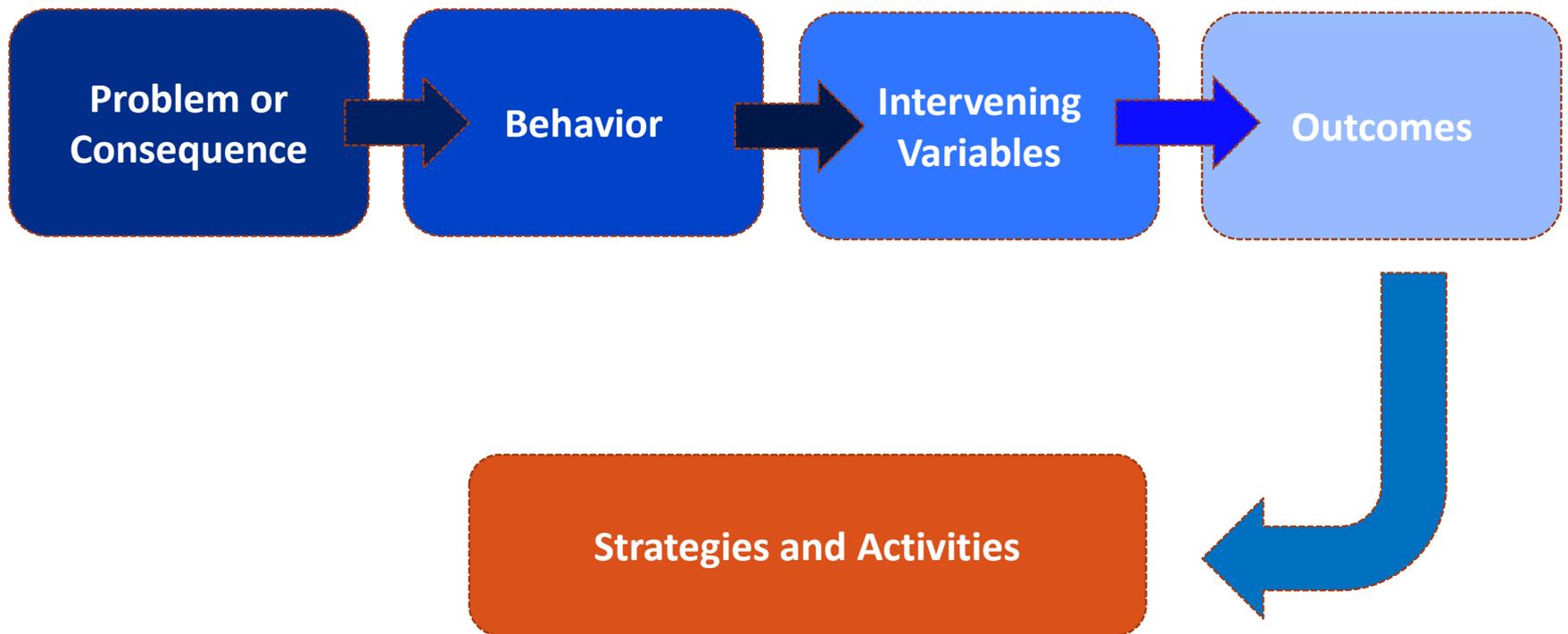
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Example assessment findings



Health System Logic Modeling

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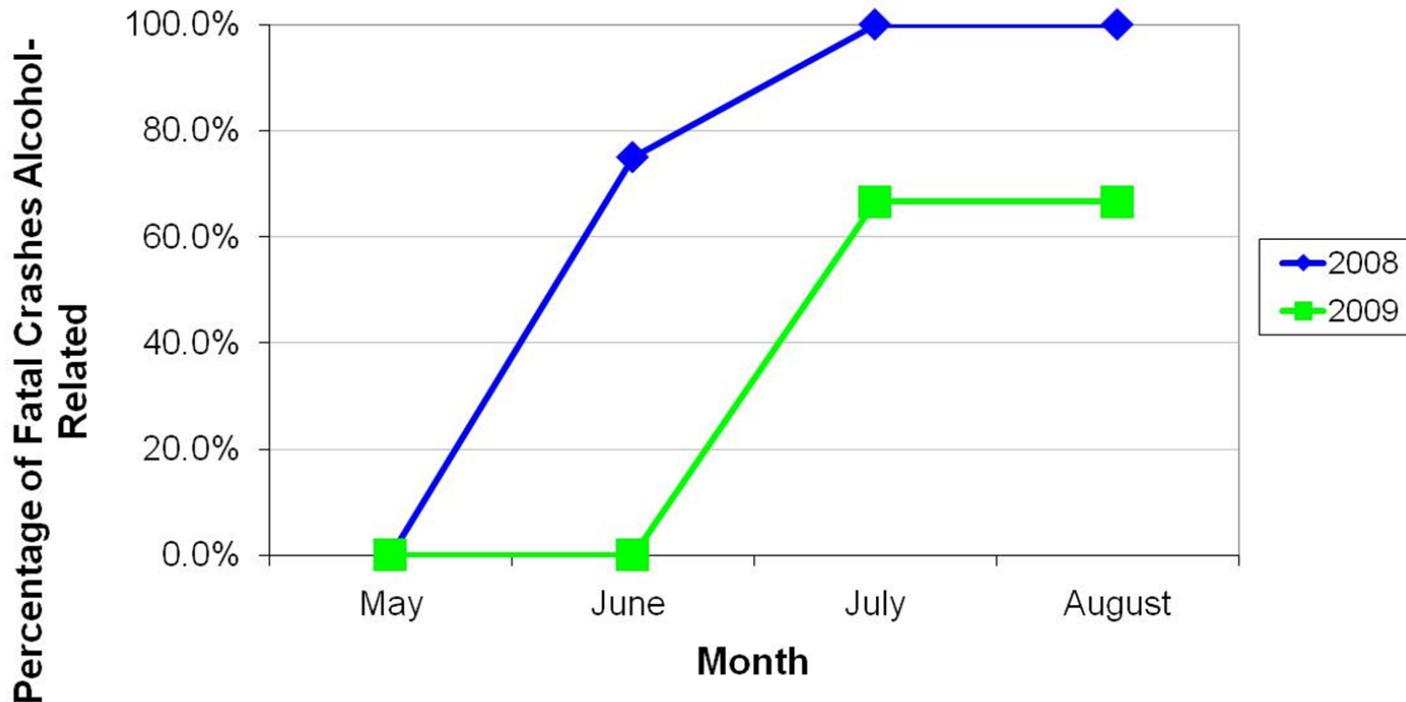


Alcohol-Related Fatal Crashes by Month in Genesee County

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May – August 2008: 7 out of 8 fatal crashes alcohol-related

May – August 2009: 4 out of 12 fatal crashes alcohol-related



Findings from Outlet Inspections

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- Illegal sign/advertising
 - Open bottles
 - Intoxicated persons
 - Improper conduct
- AND
- Health code violations
 - Tobacco violations
 - Weapon violations
 - Drug crimes violations

Case Study: South Dakota

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FY 2009 South Dakota Work Plan

GOAL: (Goals are broad, generalized statements about what you are trying to achieve.)

Measurable Objective(s) To Meet Goal	Programs	CSAP Strategies	Performance Indicators	Service Code	# Units	Rate	Total Cost
<p><i>(Objectives are specific, measurable, and short-term [1 year or less]. They are the tools you use to make sure you reach your goals.)</i></p>	<p><i>(Choose from science based programs, strategies or activities.)</i></p>	<p><i>(Multiple strategies may be listed for each objective.)</i></p>	<p><i>(Indicators must be identified for each strategy to evaluate the programming.)</i></p>				

Planning Map

Assessment

Problem Statement: A concise description of the priority problems and consequences that currently exist and need to change, as supported by data.

Target Population: The key individuals and groups who are affected by — and/or involved in—the problems and consequences identified in the problem statement(s).

Remember to avoid the "Lack Trap!"

If your problem statement describes what doesn't exist instead of what does exist and is a **problem**, you are falling into the "lack trap" and jumping to strategies by describing what you think needs to be done, not changed.

Goals: General statements of the major changes in behavior by the target population that need to take place.

Objectives: Specific statements that are logically linked to goals and describe the changes in intervening variables or underlying conditions that must occur in order for the goals to be met.

Outcomes: Statements of intended accomplishment that demonstrate that tangible and quantifiable progress is being made.

Long-Term Outcome: A measurable change in behavior.

Intermediate Outcome: A change in variables and factors.

Immediate Outcome: A change in knowledge, skills, or abilities.

Strategies and Activities: Strategies are broad courses of action based on a theory of change. Activities are specific actions that are taken to implement a strategy.

Remember to ✓ for "jumping to strategies!"

If you find yourself using an **action** verb in your goal, Objective, and/or outcome statements (e.g., "provide," "implement," "train," "enforce," "meet," etc.) instead of a **descriptive** verb, ("is," "are," etc.) you are describing **action** you intend to take, **not** an existing or desired **state**, and that is "jumping to strategies!"

2010 South Dakota Work Plan

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System Development Planning Template

Assessment Summary:

Problem Statement:

Target Population(s):

Direct –

Indirect -

Goal (Problem or Behavior):

Long-Term Outcome:

Long-Term Outcome Indicator(s):

-
-
-

2010 South Dakota Work Plan, cont'd

System Development Planning Template, cont'd.

Objective:

Intermediate Outcome:

Intermediate Outcome Indicator(s):

-
-

Strategy:

Activities	Timeline		Responsible Party(ies)	Process Indicators	Outputs	Short-Term Outcome(s)
	Start Date	End Date				

Handout 4

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Example Work Plan



Reference 1

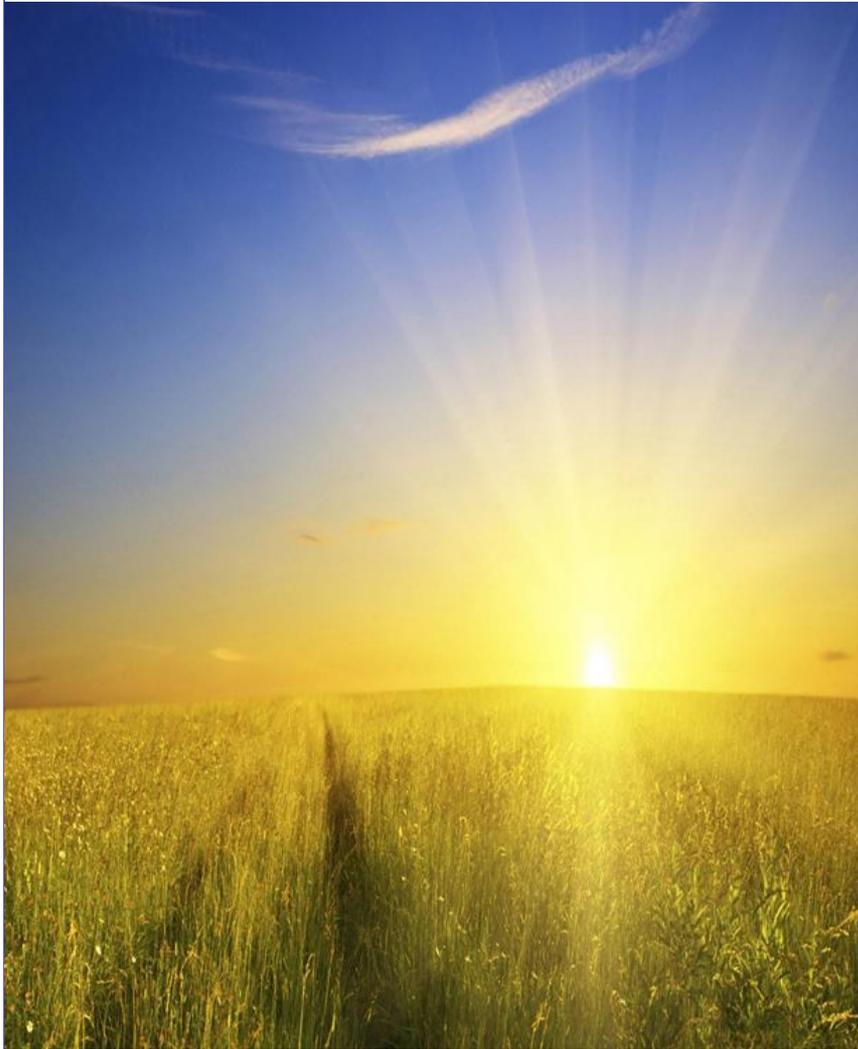
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SD Evaluation Findings, five years later



Sustainability and Strategic Financing

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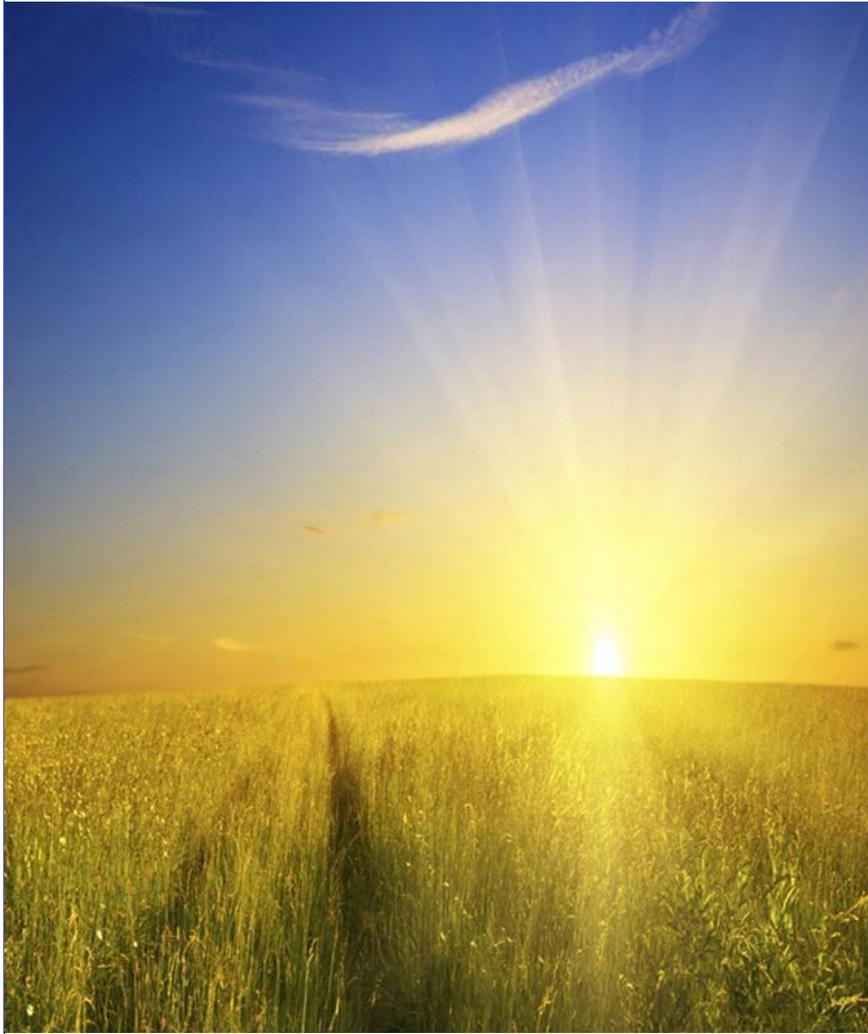


Key Factors

- Vision
- Results orientation
- Strategic financing orientation
- Adaptability to changing conditions
- Broad base of support
- Key champions
- Strong internal systems
- Sustainability plan

Sustainability and Strategic Financing

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Key Elements of a Sustainability Plan

- Organizational structure
- Goals, objectives, outcomes and measures
- Scale and scope of strategies and activities
- Budget
- Potential funding sources
- Future Funding Strategies
- Action Plan

Reference 2

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Otoe County Sustainability Plan



Handout 5

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Some Lessons Learned



Wrap Up!

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